Harvest of the Month

October - Apples

*6 out of 10 apples eaten in the US are grown in Washington

*If you put all the apples grown in Washington State in a year side-by-side, they would circle the earth 29 times!

*Apples are harvested by hand because they bruise easily. 10 billion apples are handpicked in Washington each year.

* Bees pollinate apple tree flowers in the spring and turn into apples in the fall. They are ready to harvest in late fall.

*Apples take 4-5 years to produce their first fruit. One apple tree can grow 0-800 apples in one season.

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APPLES

Why eat apples?

Fiber: Apples have fiber in the form of pectin. A medium apple has about 5 grams of fiber! Make sure to eat the skin to get the most fiber.
Vitamin C: A lot of the vitamin C found in an apple its in the peel—another good reason to eat the whole apple.
Quercetin: An antioxidant and anti-inflammatory nutrient that helps keep you healthy

Baked Apples

Ingredients:
1/4 cup oats, dry
1/4 cup all-purpose flour
1/4 cup brown sugar
1/2 teaspoon cinnamon
1/4 teaspoon pumpkin pie spice
2 tablespoon butter, unsalted
4 medium apples
4 tablespoon heavy whipping cream

Instructions:
1. Preheat oven to 350 degrees F.
2. In a bowl add the first 7 ingredients, and use your hands to mix well.
3. Core the apples, and cut each in half. Place them in a baking dish, face up, and fill each apple with an even amount of oats. Pack it lightly until heaped over the top. Drizzle with cream. Bake for 40 minutes or until filling is golden and apple is soft.
4. Cool for 10 minutes, then serve; add more cream if desired.

Waldorf Salad

Ingredients:
1 1/2 cups chopped apples
3/4 cups sliced celery
1 cup grapes, halved
1/2 cup chopped walnuts
1/2 cup plain yogurt
1 tablespoon granulated sugar
1 teaspoon lemon juice
1/8 teaspoon salt

Instructions:
Mix the mayonnaise, sugar, lemon juice, and salt.
Combine all ingredients and toss to coat.

ALABAMA FARM TO SCHOOL